

Physical Activity and Nutrition Task Force Meeting Minutes

Date: February 20, 2015

Participants present: Genene Hibbler, Jane Czarnecki, Beth Nelton, Dani Seavert, Katie Gajeski, Mary Juleen

1. Review of January 16, 2015 Task Force Physical Activity & Nutrition Task Force Meeting

A brief discussion of the task force plan with stated goals and objectives was presented. Copies of the plan were made available for all participants.

2. Report on impact of Physical Activity to Cudahy Residents with closure of South Shore YMCA

Mary offered this information:

- Sweeney Gym-5311 S Howell-769-0772-Milwaukee – would not share membership information but stated they have experienced a “decent increase” but not offering any special promotions. Has had many inquiries about pool activities from aged 60+ YMCA members but this population was looking for warm water activities similar to what YMCA had offered
- Snap Fitness-2450 S Kinnickinnic-486-7627-Bay View – 300 members per day at this location-no special YMCA promotions were being offered
- Planet Fitness-2901 S Chicago Avenue- 766-0705-South Milwaukee-500-550 members per day at this location. 1st month free when show YMCA membership card
- Magnum Fitness- South Milwaukee-Phone Disconnected
- Shape up Shoppe-Bay View- Left message with no return call
- Blast Fitness-2525 E Layton Avenue-481-2255-Cudahy-5000 members- Same instructors at Blast and YMCA-Class Schedules with 3 day trial offered. Start at age 13 –cardio and some group classes depending on membership.
- Anytime Fitness-5879 S Packard Avenue-483-1921-Cudahy-estimate of an increase of approximately 90 members since January mainly from Silver Sneakers group(65+) due to former YMCA instructor Christine joining the club. Club offers a YMCA conversion package-reimbursement with insurance options-Have yearly-18mos and 3 mo memberships (these are for college students about \$33/mo).-Classes offered are Zumba-Boot Camp- Yoga- Kickboxing-free weights- Guest passes for 7 day trial- Start at age 13 but can only come during staff hours 11-7pm M-F

Task force members offered these additional resources:

- South Milwaukee Fitness Center -901 15th Avenue-766-5084-South Milwaukee- John Nell manager- Silver Sneakers Program- to qualify must be Medicare-eligible member of a health plan that offers the silver sneaker fitness program.
- Curves-2191 E Rawson -766-9385-Oak Creek-Lori (manager)-has program for women on circuit training

- Salvation Army-Oak Creek Centennial Church-8853 S Howell Avenue-762-3993-Oak Creek-Director of Community Center Tony (TJ) Anguiano –Has youth before and after school programs-transportation may be provided.
- St Anne’s Center Aquatic Program-2801 E Morgan Avenue-977-5000-Milwaukee-has open swim- family night- warm water movement- high energy water aerobics- Arthritis Foundation Aquatic Program
- Interfaith/Kelly Senior Center-6100 S Lake Drive-481-9611-Cudahy- Has exercise equipment for persons aged 50+-after a 30 minute orientation, persons are free to use the equipment when the center is open.
- Cudahy School District Recreation Department -294-7435- aquatic programs offered at Cudahy Middle School pool-5530 S Barland Avenue- additional family activities offered
- St Francis School District Recreation Department-482-8484- aquatic programs offered at Deer Creek Intermediate School pool-3680 S Kinnickinnic Avenue-additional family programs offered.

Task force members questioned when the Cudahy school board would vote on purchase of the former South Shore YMCA Building. Dani Seavert stated she thought the vote on the referendum would be at the 2/23/2015 meeting.

3. Discussion of 2012 CHA data source for baseline task force objectives

Katie Gajeski provided information to explain how the BMI was derived from participants in the 2012 CHA survey. Participants were asked their weight and height **without shoes**. A BMI was calculated using this self reported data. Katie stated there is some bias with this type of self reporting.

Aurora Healthcare is in the planning stages for the next Community Health Assessment. Random telephone numbers will be chosen, both landline and cell phone, for survey participation.

Beth Nelson provided WIC data on pre-pregnant Cudahy women age 15-44 from 2012-14 34.7% had BMI >30 which is considered obese and 13.1% had BMI 25-29 which is considered overweight.

Genene Hibbler questioned Cudahy’s participation in the South Shore Mayors Challenges

Action Item:

- Mary Juleen will contact Lisa at Oak Creek City Hall to inquire on number of Cudahy participants in the South Shore Mayor Challenge from 2014.

4. Discussion on Farmers Market and Community Gardens

Mary Juleen reported the former site of the Wheaton Franciscan Medical Clinic (Ramsey/Packard) is on the organization’s project list for development of a community garden. Lynn Stoeveken will keep the task force updated.

According to Jane Czarnecki, Kelly Senior Center is planning an Herb Garden this spring.

Genene Hibbler reported volunteers from Milwaukee County Wellness Community would be available to assist the Senior Center. Claire Schuenke, Wellness Coordinator, 414-278-4938. is contact person.

Jessica Lopez, one of the coordinators of new Cudahy Farmers Market, planned to speak to task force members but an unforeseen problem arose making her attendance impossible. She hopes to attend the March 20 meeting.

The Cudahy Farmers Market received Common Council approval on 2/17/15 for use of parking lot south of Cudahy Family Library. The Farmers Market will be held Wednesday evenings 3:30-7:30 pm June –October. The Farmers Market will offer fresh produce from local farmers as well as working with local businesses and organizations.

Task Force members agreed the Farmer's Produce Stand in front of the Cudahy Health Department on WIC clinic days benefits WIC participants and should be continued.

5. Employee Newsletter

Task force members offered suggestions on types of articles to include in employee wellness newsletter

Summary of Action Plan

Action Item	Status Update
Beth Nelton will share WIC data on pre-pregnant and 0-5 year old children participants	Beth Nelton to complete
Katie Gajeski will review 2012 CHA to determine accuracy of data source	COMPLETE
Mary Juleen will survey existing Cudahy health clubs on current memberships and outreach activities to YMCA members	COMPLETE
Aaron Bixby will send newsletter template to Mary Juleen	COMPLETE
Mary Juleen will create a wellness newsletter for employees	Mary Juleen to complete
Mary Juleen will investigate ways to expand Farmers Market	COMPLETE
Katie Gajeski will investigate city ordinance on restaurants posting calorie content of menu items	Katie Gajeski to complete
Mary Juleen will contact Lisa at Oak Creek to inquire on number of Cudahy participants in the South Shore Mayor's Challenge	NEW -Mary Juleen

Next Task Force Meeting; Friday, March 20, 2015, 9:00 am-10:00am
Cudahy Health Department 5050 S Lake Drive

Next Healthiest Cudahy Collaboration (HCC) Meeting: Friday March 6, 2015, 8:30am-10:30am
Cudahy Family Library Winter Garden Room